



Adults

Circuit Training

Maximum results! Minimum time! This multiple stage circuit teaches you interval training techniques that minimize rest between sets to maximize your results. Learn appropriate workout techniques and benefit from both aerobic and anaerobic exercise. Define your shape, gain strength, and improve your health.

Age: 16Yrs and up

W, M	7:00 PM-7:45 PM	9/5 - 10/1	\$42
W, M	7:00 PM-7:45 PM	10/3 - 10/29	\$42
M, W	7:00 PM-7:45 PM	11/5 - 12/3	\$42
W, M	7:00 PM-7:45 PM	12/5 - 12/19	\$27

Fan & Flare Dance

Dance the night away! Instruction includes techniques and moves used in line dancing, square dancing, and round dancing from the classics to spaghetti rags. Improve coordination and gain valuable exercise through exciting degrees of challenge.

Age: 18Yrs and up

M	7:00 PM-9:00 PM	10/1 - 12/17	\$42
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Ramblin' Rounds

Don't like to lead when you are dancing? This partner dance, similar to both ballroom and square dancing, has a cuer calling out the dance moves. Challenge yourself to this fun choreography, learn something new, or further develop what you know.

Age: 16Yrs and up

Tu	7:00 PM-9:00 PM	10/2 - 12/18	\$42
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SwingOUT

The latest dance craze! Learn half turns, full turns, and start off set to the rhythmic sounds of R&B and smooth jazz.

Age: 18Y and up

Sa	11:30 AM-1:30 PM	9/1 - 9/22	\$27
Th	6:30 PM-8:30 PM	9/6 - 9/27	\$27
Th	6:30 PM-8:30 PM	10/4 - 10/25	\$27
Sa	11:30 AM-1:30 PM	10/6 - 10/27	\$27
Th	6:30 PM-8:30 PM	11/1 - 11/29	\$27
Sa	11:30 AM-1:30 PM	11/3 - 11/24	\$27
Sa	11:30 AM-1:30 PM	12/1 - 12/22	\$27
Th	6:30 PM-8:30 PM	12/6 - 12/27	\$27

Archery

Bullseye! Learn to shoot competition style bows from a USA Archery certified instructor. Focus on basic skills, technique, maintenance of equipment, and safety while becoming a proficient archer.

Age: 16Y and up

Sa	10:00 AM-11:30 AM	10/27	\$12
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Heartsaver First Aid/CPR

Save a life! Learn how to properly administer First Aid, CPR, use an AED, and relieve choking in adults, children, and infants. Approved American Heart Association curriculum includes individual mannequin use and Heartsaver student workbook.

Age: 16Yrs and up

Sa	9:30 AM-2:00 PM	9/29	\$52
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Beginning Art

Ready, Set, Draw! Discover your inner artist while learning the basics of drawing, perspective, and color in a relaxed setting. Broaden your horizons while completing unique artwork each class. Build creativity and confidence in your artistic abilities.

Age: 18Yrs and up

W	6:30 PM-7:30 PM	9/5 - 9/26	\$34
W	6:30 PM-7:30 PM	10/3 - 10/24	\$34
W	6:30 PM-7:30 PM	11/7 - 11/28	\$26
W	6:30 PM-7:30 PM	12/5 - 12/19	\$26

LIFE Tae Kwon Do

Leadership, Integrity, Fighting, Exercise. Learn the fluid movement of kicks, punches, and jumps while adding other martial arts for well rounded physical fitness and self defense training. Hold yourself to a higher standard as you achieve new ranks and goals to gain benefits that will last a lifetime.

Age: 16Yrs and up

Sa	9:00 AM-11:00 AM	9/1 - 9/29	\$20
W	7:00 PM-9:00 PM	9/5 - 9/26	\$20
M	7:00 PM-9:00 PM	9/10 - 9/24	\$20
M	7:00 PM-9:00 PM	10/1 - 10/29	\$20
W	7:00 PM-9:00 PM	10/3 - 10/31	\$20
Sa	9:00 AM-11:00 AM	10/6 - 10/27	\$20
Sa	9:00 AM-11:00 AM	11/3 - 11/24	\$20
M	7:00 PM-9:00 PM	11/5 - 11/26	\$20
W	7:00 PM-9:00 PM	11/7 - 11/28	\$20
Sa	9:00 AM-11:00 AM	12/1 - 12/29	\$20
M	7:00 PM-9:00 PM	12/3 - 12/17	\$20
W	7:00 PM-9:00 PM	12/5 - 12/26	\$20

Pencak Silat Self Defense

Think, act, and defend! This Indonesia art of self defense teaches principles based on the mindset of survival not competition.

Age: 18Yrs and up

Th	7:00 PM-9:00 PM	9/6 - 9/27	\$42
Th	7:00 PM-9:00 PM	10/4 - 10/25	\$42
Th	7:00 PM-9:00 PM	11/1 - 11/29	\$42
Th	7:00 PM-9:00 PM	12/6 - 12/27	\$42

Kids

Young Artist

Now that's a work of art! Discover different techniques for drawing and painting while using various mediums. Learn about artists of the past as well as exploring individual creativity. Learn creative thinking skills while taking the mind through the world of art.

\$5 supply fee payable to the instructor.

Age: 6Y - 12Y

W	5:00 PM-6:00 PM	9/5 - 9/26	\$34
W	5:00 PM-6:00 PM	10/3 - 10/24	\$34
W	5:00 PM-6:00 PM	11/7 - 11/28	\$26
W	5:00 PM-6:00 PM	12/5 - 12/19	\$26

LIFE Tae Kwon Do

Leadership, Integrity, Fighting, Exercise. Learn the fluid movement of kicks, punches, and jumps while adding other martial arts for well rounded physical fitness and self defense training. Hold yourself to a higher standard as you achieve new ranks and goals to gain benefits that will last a lifetime.

Age: 5Y - 15Y

Sa	9:00 AM-11:00 AM	9/1 - 9/29	\$20
W	7:00 PM-9:00 PM	9/5 - 9/26	\$20
M	7:00 PM-9:00 PM	9/10 - 9/24	\$20
M	7:00 PM-9:00 PM	10/1 - 10/29	\$20
W	7:00 PM-9:00 PM	10/3 - 10/31	\$20
Sa	9:00 AM-11:00 AM	10/6 - 10/27	\$20
Sa	9:00 AM-11:00 AM	11/3 - 11/24	\$20
M	7:00 PM-9:00 PM	11/5 - 11/26	\$20
W	7:00 PM-9:00 PM	11/7 - 11/28	\$20
Sa	9:00 AM-11:00 AM	12/1 - 12/29	\$20
M	7:00 PM-9:00 PM	12/3 - 12/17	\$20
W	7:00 PM-9:00 PM	12/5 - 12/26	\$20

Archery

Bullseye! Learn to shoot the competition style compound bow from a National Archery in the Schools Program Instructor. Focus on basic skills, technique, the use and maintenance of equipment and safety. Become a proficient archer and develop strength, flexibility, and increased attention span.

Age: 8Y - 16Y

Tu	4:15 PM-5:00 PM	9/4 - 9/25	\$22
Tu	4:15 PM-5:00 PM	10/2 - 10/23	\$22
Tu	4:15 PM-5:00 PM	11/6 - 12/18	\$32

Winter Classic Archery Tournament

Pre-register by December 12.

Age: 8Y - 16Y

Sa	10:00 AM-12:00 PM	12/15	\$12
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Volleyball

Pass, set, spike! Learn the basic skills through effective and organized instruction. Develop fundamental ball handling abilities including passing, serving, setting, blocking, spiking, and defense. Improve your game and have fun while gaining valuable sportsmanship and team play experience.

Kids

Age: 8Y - 12Y

Sa	10:00 AM-11:00 AM	9/1 - 9/29	\$24
Sa	10:00 AM-11:00 AM	10/6 - 10/27	\$24
Sa	10:00 AM-11:00 AM	11/3 - 11/24	\$24
Sa	10:00 AM-11:00 AM	12/1 - 12/15	\$24

Teen

Age: 13Y - 16Y

Sa	11:00 AM-12:30 PM	9/1 - 9/29	\$27
Sa	11:00 AM-12:30 PM	10/6 - 10/27	\$27
Sa	11:00 AM-12:30 PM	11/3 - 11/24	\$27
Sa	11:00 AM-12:30 PM	12/1 - 12/15	\$27

Babysitting Education

Be the preferred babysitter in your neighborhood! Learn how to become a responsible babysitter by learning about children's needs, practicing the basic skills of child care, and demonstrating the ability to think and act safely. Gain an understanding of accident prevention, meal planning, and positive discipline.

Manual and Certificate given upon completion of course.

Age: 11Y - 15Y

Sa	9:00 AM-1:00 PM	10/6 - 10/13	\$39
Sa	9:00 AM-1:00 PM	11/3 - 11/10	\$39

Basketball

Start off with a slam dunk! Learn the basic skills of the game including dribbling, shooting, and ball movement. Improve motor skills, hand and eye coordination, and listening skills through a variety of activities. Encourage teamwork and make new friends in a noncompetitive environment.

Age: 8Y - 17Y

Th	6:00 PM-8:00 PM	9/6 - 9/27	\$27
Th	6:00 PM-8:00 PM	10/4 - 10/25	\$27
Th	6:00 PM-8:00 PM	11/1 - 11/15	\$21

Cheer Combo

Ready, okay! Perform floor exercises, games, backbends, front and back tumbling skills, splits, and more while learning the basics of cheerleading, gymnastics and tumbling. Build your endurance, self esteem, confidence, and flexibility through drill exercises, form, fundamentals, and cheers.

Youth

\$16 one time administration fee payable to instructor. Optional recital requires costume and recital fees. Receive a free cheer t-shirt and pom poms with your first month's registration.

Age: 6Y - 12Y

W	4:30 PM-5:15 PM	9/5 - 9/26	\$27
W	4:30 PM-5:15 PM	10/3 - 10/24	\$27
W	4:30 PM-5:15 PM	11/7 - 12/19	\$40

Competitive Prep

Condition for major associations and organizations with cheer stunts, high pyramids, rewinds, basket tosses, flipping and acrobats. Learn gymnastics on a more personal level using balance beams, floor exercises, competitive routines, executing leaps, twist, turns, and more.

\$16 one time administration fee payable to instructor. Receive a free cheer t-shirt and pom poms with your first month's registration.

Age: 8Y - 17Y

W	5:15 PM-6:30 PM	9/5 - 9/26	\$32
W	5:15 PM-6:30 PM	10/3 - 10/24	\$32
W	5:15 PM-6:30 PM	11/7 - 12/19	\$47

